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Poutine at city hall

Fries, meat, gravy and cheese?
Check. Beer? Check. **PAGE 7**



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SENATORS B-RUINED

The Senators' Craig Anderson looks to the ice as he takes on the Boston Bruins on Tuesday night in Ottawa. The Sens fell 3-1, and although they have a game in hand, they are now seven points behind the Bruins for the final wild-card spot in the Eastern Conference. More coverage, page 18. SEAN KILPATRICK/THE CANADIAN PRESS

Cyclists on cellphones, too: Police

Distracted driving. Ottawa police lobby province to include people on two wheels as well as four in rules

Ottawa cyclists say a proposal put forward by city police to have the provincial distracted-driving bill apply to them would do nothing to increase safety on the roads.

Currently before a Queen's Park committee, Bill 31 would see fines for texting and talking while driving increase from the current \$60-\$500 range up to between \$300 and \$1,000, plus demerit points.

Impaired driving would lead to licence suspension for three to 90 days.

Sgt. Mark Gatien of the Ottawa police traffic department wants those rules to apply to bicyclists, too.

"Distracted driving affects all vehicles," he told Metro. "I don't see how they're any different."

For Gatien, a cyclist texting is as dangerous as a driv-

er doing the same. If caught, a texting cyclist could be fined — and if warranted, demerit points could be applied to the cyclist's driver's licence.

"This would be a wake-up call to cyclists," Gatien said.

Alex deVries, vice-president of Citizens for Safe Cycling, said he knows "of no incident that is the result of distracted cycling" and that the application of the bill to cyclists is unnecessary.

More important to overall road safety, deVries said, is the issue of tinted windows and the difficulty police have in enforcing those rules.

"That's the real problem," deVries explained. "You can't make eye contact with a driver when the windows are tinted, and the Ottawa police themselves say there's no way for them to enforce the laws on that as they're written."

Indeed, in a letter to a Queen's Park committee delivered Monday, Gatien explicitly states that the wording of rules on tinted windows is vague and will not get convictions in court for the simple reason that police have no way to enforce those rules.

Gatien's letter says drivers are using tinted windows "to conceal their cellphone use while driving."

Use of handheld devices while driving was banned in 2009. **METRO**

Reading

Bill 31 has passed second reading and could become law within the next three months.

Viewmount Drive

Elderly man loses legs in elevator accident

An 80-year-old man is in critical condition after his legs were crushed during an incident with an elevator at a senior citizens residence Tuesday morning.

Paramedics and Ottawa

police responded to the Eastern Ontario Christian Senior Citizen Co-Operative Homes at 220 Viewmount Dr. in Nepean shortly after 8 a.m.

Nobody from the co-op was available for comment Tuesday morning.

Police say the man's injuries were so severe his legs had to be amputated in hospital, where he remains in critical condition.

The elderly man's legs below the knees were outside of the elevator and pinned under the floor of the apartment building when first responders arrived on scene.

Paramedics rushed him to hospital with life-threatening injuries.

"We were on scene for 40 minutes from the time the call came in," said J.P. Trottier, spokesman for Ot-

tawa Paramedic Service. "It must be horrific for him."

He was conscious when a technician had to manually lower the elevator to rescue him.

The Technical Standards and Safety Authority (TSSA) and police were on scene investigating the incident. It is still unclear how the incident occurred.

The TSSA is mandated by the provincial govern-

ment to enforce safety laws, including elevator safety, said spokesman Wilson Lee in an email statement to Metro.

An inspector was on site Tuesday.

"TSSA's thoughts are with the elderly gentleman who was injured and hope for his speedy recovery," wrote Lee.

JOE LOFARO/METRO
WITH FILES FROM THE CANADIAN PRESS

Gatineau Uber expansion worries cabbies, regulators

Ride-sharing.

Official says company's operations are illegal, but Uber says regulations need to change with the times

By expanding its services to Gatineau, app-based ride-sharing company Uber is putting passengers' safety at risk and circumventing provincial regulations, regulators and cab operators say.

Uber last week announced its plans to expand services to Gatineau in Quebec on a trial basis.

The service, which connects freelance drivers with passengers through an app, has been criticized for operating outside the regulatory requirements that apply to taxi companies.

Ian Crevier of Contrôle routier Quebec, the province's road-control agency, says Uber's operations in that province are illegal.

"Here our taxi drivers need a permit, which costs in the six

digits; the driver must have no criminal (record) for the past five years; the vehicle must be regularly inspected for safety and cleanliness; the meter must be calibrated to ensure it is accurate," Crevier said.

"Taxis are highly regulated here, and with Uber hardly anything is controlled," he said.

For its part, Uber says it is the regulations that should change.

"Since Uber is a new business model, the municipal regulatory environment that has oversight hasn't caught up with new technology," Uber's Van Chau said.

Ilham Basahi, who owns Gatineau-based Bob Taxi, says Uber's foray into Quebec causes her "terrible concern."

"Taxi companies must oblige many rules and regulations and this is how we are able to offer safe services," she said. "With Uber I am concerned especially for women passengers, as there are no safety checks for drivers or cars."

"I hope the government keeps a good eye on them," she said. **METRO**



Uber is expanding to Gatineau on a trial basis, but the move is concerning to city cabbies and regulators. METRO FILE

Uber fights to seal insurance documents

Lawyers for Uber Canada Inc. say the ride-hailing app has plenty of insurance coverage for its drivers, but it needs to keep the details secret for competitive business reasons.

In fact, the insurance policy, which covers up to \$5 million US for drivers, is so secret that very few people have seen it, even within Uber, according to a court affidavit.

The company asked a judge in the Ontario Superior Court of Justice on Tuesday to seal all details about the insurance policy, arguing the company's "competitive advantage"

would be lost with disclosure.

If the information became public, then companies marketing competitor apps could simply copy the terms, Uber says.

Henry Gustav Fulder, director of insurance for parent company Uber Technologies Inc. in San Francisco, states in an affidavit that the company's insurance policy is not a standard automobile liability product.

Rather, he said, it is a new product specifically designed to address the peer-to-peer transportation market —

Quoted

"Even within the companies, the policy is shared only on a tightly restricted, need-to-know basis."

Henry Gustav Fulder, director of insurance for Uber Technologies Inc.

where Uber links ordinary drivers using their personal vehicles with riders through its smartphone app.

Uber's wholly owned subsidiary Rasier holds contracts with Uber's drivers. Rasier said it spent seven months working with its insurance broker and multiple insurers in Canada and other countries to

develop a policy to meet their needs.

"Procuring this coverage for Canada was accomplished after similar products were developed for Rasier or affiliated companies for us in Europe and the United States, but before P2P (peer-to-peer) services could be requested through the Uber App in Can-

ada," Fulder states in the affidavit.

He added there were special terms with respect to the scope of coverage provided.

"I am not aware of any insurance policy that provided such coverage (or even similar coverage) for this use in Canada, prior to the development of the insurance policy," Fulder said.

The motion seeking a court order to seal the information is related to the City of Toronto's application for a court injunction to block Uber's operations there. **TORSTAR NEWS SERVICE**

Duffy trial to open with focus on arcane Senate expense rules

Court. Senator faces 31 charges from RCMP relating to alleged breach of trust, fraud and bribery

The provocative opening statements of the Crown and defence might start Sen. Mike Duffy's fraud and bribery trial off with a bang, but what follows in the early stages is expected to be decidedly less dramatic.

The first few weeks are expected to dwell on the arcane world of Senate financial rules and regulations.

While the details of what constitutes a legitimate travel or per diem claim may

seem downright dull, the answers will go to the heart of the dispute over whether Duffy's expenses constituted fraud or not.

Duffy faces 31 charges relating to alleged breach of trust, fraud and bribery. In laying the charges, the RCMP described two "avenues" directly relating to the expenses issue: his filing of living expenses for his secondary residence in Ottawa and the filing of travel expenses for trips they allege were not for Senate business.

The expense issue continues to be a source of tension in the upper chamber, where the auditor general is scrutinizing the claims of dozens of senators — some of whom say the way the

Senate governs finances is confusing and arbitrary.

Some of the key questions at play in the trial include what constitutes a primary and secondary residence and what is legitimate Senate business.

Before 2012, for example, senators weren't obliged to provide any proof of the Senate business they were engaged in on the road. What sorts of partisan activities are acceptable and which are not is also a source of debate.

Duffy has maintained that he broke no rules in submitting claims for a secondary residence in Ottawa and that other expenses seen as improper were either legitimate or filed in error. **THE CANADIAN PRESS**



Sen. Mike Duffy arrives at Parliament Hill in Ottawa in October 2013. Duffy has maintained that he broke no rules in submitting claims for a secondary residence in Ottawa and that other expenses seen as improper were either legitimate or filed in error. **THE CANADIAN PRESS FILE**

Bill undermines privacy, says U of O professor



Michael Geist, University of Ottawa law professor **METRO FILE**

Canada's privacy reform law should include stiffer penalties for companies that commit security breaches, according to a University of Ottawa law professor.

But instead, the Digital Privacy Act, Bill S-4, leaves a "massive hole" when it comes to protecting Canadians' personal information, says Michael Geist.

As the draft legislation currently stands, Bill S-4 allows telecom companies, Internet providers or banks to share personal information about subscribers — without the subscriber knowing.

"Not only does it really hurt our privacy, but it really runs counter to a lot of things that Canadian courts have had to say about safeguarding per-

sonal information," said Geist on Monday, after speaking at a committee hearing for the bill.

Because security breaches put Canadians at risk of identity theft, Geist said the bill's penalties should echo the anti-spam legislation (up to \$10 million in fines for companies who break the law).

A security-breach disclosure law is long overdue, said

Geist, but this bill needs fixing.

"They have kind of dragged the puck and delayed privacy laws for almost a decade, and suddenly now we're suggesting there's an urgency in getting this bill passed," said Geist.

"If the government wants to prioritize privacy, they can make the necessary amend-

ments to the bill and still get it passed before we get to an election call."

Following a Digital Privacy Act committee hearing in February, Industry Minister James Moore said he's open to changes to the bill around company-to-company sharing of personal information.

LUCY SCHOLEY/METRO, WITH FILES FROM TORSTAR NEWS SERVICE

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Algonquin College approves U-Pass

Transit. Students voted to support the long-awaited reduced-fee OC Transpo pass

NICHOLAS HODGE

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Algonquin College students will soon have reduced public transportation costs similar to those enjoyed since 2010 by students at Carleton and the University of Ottawa.

Following an online student referendum in November that saw support from more than 80 per cent of voters, the Algonquin Students' Association (SA) and OC Transpo will officially sign the Universal Transit Pass Agreement Friday at the college.

This will ensure the implementation of the U-Pass for the fall 2015 semester.

"I'm very excited about it coming to an end and OC Transpo has been wonderful," said Christina Miller, SA president.

In numbers

\$199

The cost per semester all full-time students will pay to subsidize the cost of the U-Pass.



An OC Transpo bus drives past Algonquin College. The college will officially sign an agreement to introduce the U-Pass to its student body on March 13.

NICHOLAS HODGE/FOR METRO

The U-Pass, paid for by a \$199 per semester fee increase for full time students, provides access to all OC Transpo services for a significantly reduced rate.

Students will pay less than \$200 per semester, rather than shelling out \$100 every month.

Because of the tuition increase, the SA was obligated to hold a student referendum before introducing the pass.

"This is excellent news for the city and for the students of Algonquin College," said councillor and transit commissioner Stephen Blais. "It's always been a request from the city that we get acceptance for the U-Pass from the student body."

When students renew their passes in April 2016, they will be able to use them through the summer. Algonquin's U-Pass program is the first that will apply to all twelve months.

Algonquin's Revolutionary Student Movement (RSM) vocally supported U-Pass implementation.

They held information sessions about the referendum and put up flyers on campus.

Dmitri Shklar, a member of the RSM, was pleased that Algonquin students will get to use the pass in the summer.

"It's definitely a much better deal than what the students at Carleton or uOttawa get," Shklar said.



Urban country man coming to Ottawa

Keith Urban is one of the first artists announced on the lineup for Ottawa Bluesfest this summer. The country superstar will headline Ottawa's premiere summer festival on July 16. There is no specific date set for the full lineup announcement, but fans should expect it in the coming weeks.

METRO FILE

Sports

Meet your top Ottawa player

Ottawa 67s fans will get to meet players from the Ottawa Redblacks and Ottawa Fury FC this Friday when the Ottawa 67s host the Oshawa Generals. Attending the Red and Black Game from the Redblacks will be quarterback Henry Burris, defensive lineman Jonathan Williams and receiver Brad Sinopoli. **METRO**

Education

Let's Talk Science, partner

The Canada Science and Technology Museums Corporation is partnering with the Let's Talk Science charity to encourage more young Canadians to get excited about and pursue science.

Outreach programs will include innovation and entrepreneurial workshops at high schools. **METRO**

Fundraiser

YSB hosting Walk for Law Day

April 24 is the Annual Law Day, a walk to raise funds for the Youth Services Board of Ottawa.

The YSB is a youth-run facility that helps more than 3,000 community members in areas of homelessness, mental health, employment and justice.

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When heavy metal gets 'meditative'

Music. Ottawa band Flying Fortress and Moncton's Zaum will rock pinball basement

A pair of two-piece heavy metal bands are hoping to turn the volume up to 11 to drown out the sound of pinging pinball machines at House of Targ on March 12.

Ottawa band Flying Fortress and Moncton's Zaum will bring their high-energy metal shows to the pinball basement. While both bands are genred as metal groups, their scope goes well beyond hard, thrashing rock.

"It's a metal show, but it's very meditative," said Zaum vocalist and bassists Kyle Alexander. "One performance piece that flows."

Zaum and Flying Fortress play on the same bills fairly often and toured together in the Maritimes earlier this month.

"I like to play with bands that are different," said Alexander. "Fortress are an incred-

ibly strong band that I look forward to seeing every night."

Ottawa's Flying Fortress consists of Brandon Wars, who handles bass and guitar duties, and a drummer who goes only by the name Steelrider.

Wars and Steelrider played together in a band called Goat Horn while living in Pembroke, Ont. Through jamming on their own, they discovered that they clicked as a two-piece team.

"We didn't need anyone else," said Wars. "We could do it all ourselves."

The duo recently released an LP titled Dirty Rain on Uncle D Records, the inhouse label of Vertigo Records on Rideau Street. Both bands have played at House of Targ and consider it one of Ottawa's best live music venues.

"It's absolutely fantastic," said Alexander, who performed at the venue last summer. "I had heard rumblings of it before it even opened."

"Every single band wants to play there," added Wars.

Tickets for the show are \$5; doors open at 9 p.m.

NICHOLAS HODGE/METRO



Moncton's Zaum plays House of Targ March 12 with Ottawa's Flying Fortress. CONTRIBUTED

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Your tweeters on the Hill

Is your MP an oft-tweeter or sleepy on social media? We asked Caitlin Kealey, a partner at social-media agency MediaStyle, to grade the Twitter accounts of Ottawa-area Parliament Hill reps.

LUCY SCHOLEY
lucy.scholey@metronews.ca

	MP	Grade	Comments
	David McGuinty @davidmcguinty Ottawa South	F	This account has had no posts since May 2011 (with the exception of his office responding to someone to ask them to call the office to discuss “confidential casework” in January 2013).
	Royal Galipeau @galipeauorleans Ottawa-Orléans	F	This account has had no posts since June 2012 — which is a missed opportunity since he has more than 2,400 followers.
	Pierre Poilievre @pierrepoilievre Nepean-Carleton	B+	With regular updates and a modest following, this account does well but features very little direct engagement with other Twitter users. Poilievre retweets others but never replies or engages.
	Paul Dewar @pauldewar Ottawa Centre	A	With tweets about Spock and the Arkells, Dewar’s account shows more variety than his Ottawa colleagues. He has 17,000 followers and is also the most prolific of the Twitter accounts, updating regularly.
	John Baird @baird Ottawa West-Nepean	A-	Baird has enjoyed a much higher profile than the other Ottawa-area MPs, and it shows with his 50,000 followers. He tweets multiple times a day, posts images and links to interesting articles and mentions other accounts. That being said, he does not seem to engage with or reply to anyone directly on Twitter.
	Mauril Bélanger @Mauril_Belanger Ottawa-Vanier	F	There’s no activity on this account.

Little Mosque star urges Canadians to curb fear of colon cancer testing

Health. Comedian Neil Crone is in Ottawa this week to discuss his bout with colon cancer, a disease that afflicted 8,000 Ontarians in 2014

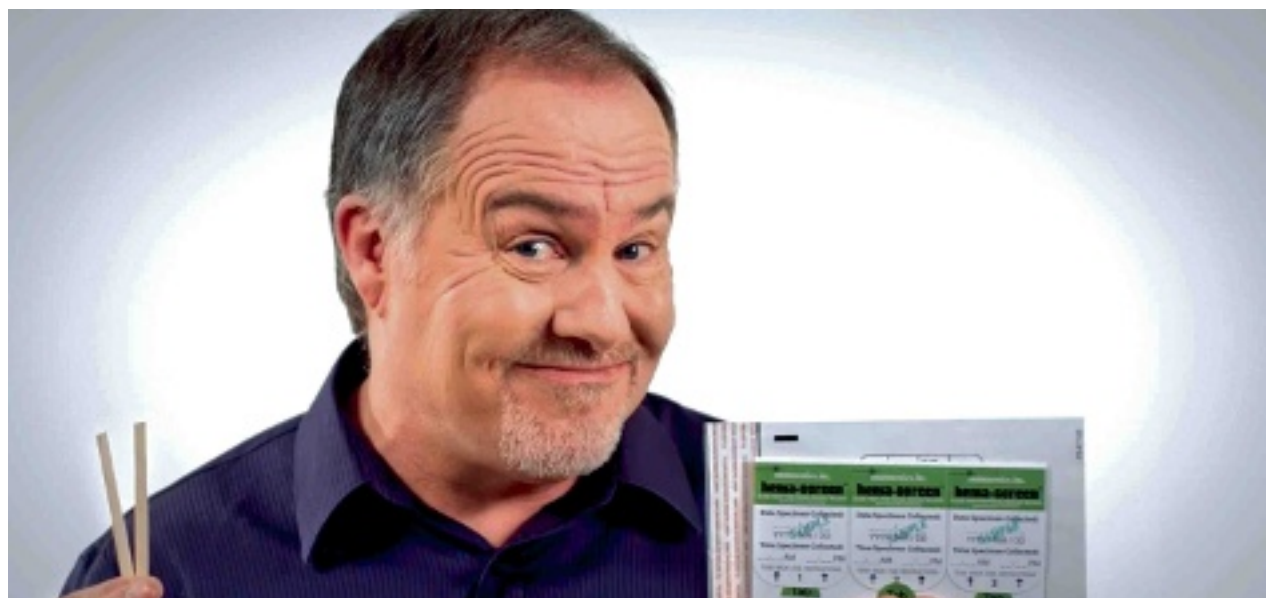
LUCY SCHOLEY
lucy.scholey@metronews.ca

Comedian Neil Crone knows where you can shove your fears of getting tested for colon cancer.

A survivor himself, the star of Little Mosque on the Prairie is travelling across Ontario to promote, ahem, poopier probes.

"Your body will bite you in the ass if you do ignore it," he said.

With the Ministry of Health and Long Term Care, Crone wants to convey a light-hearted, accessible message about colon-



Comedian Neil Crone is travelling across Ontario to promote colon cancer tests, or Fecal Occult Blood Tests (FOBT). Crone is also a colon cancer survivor. CONTRIBUTED

oscopies and home screenings. According to the ministry, Ontario has one of the high-

est rates of colon cancer in the world with more than 8,000 Ontarians diagnosed in 2014

alone and 3,400 of them dying from the illness. However, when detected early, there's a 90 per

cent survival rate.

Crone can laugh now, but more than a decade ago, when

he was just 42 years old, he started noticing unusual symptoms, including blood in his feces. But he ignored them.

Two years later, he was diagnosed with stage 3 colon cancer. He underwent eight months of chemotherapy and radiation and is feeling "great" today.

At the time, the province did not have Fecal Occult Blood Tests (FOBT). The kits provide two little sticks that you use to sample your feces and mail away for testing.

During the ordeal, Crone discovered that colon cancer was in the family. But nobody had talked about it.

"It's one of those places we don't like to talk about. It doesn't come up in conversation. Men, in particular, seem to have an issue discussing any kind of health problem, let alone something with their backsides," he said.

Crone is in Ottawa Thursday.

Ex-BIA boss brings 'world of poutine' to city hall

JOE LOFARO
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The man responsible for that delicious downtown smell of smoky ribs, French fries and gravy is planning to relocate two popular food festivals to other parts of town, after being given the boot by his employer.

Last November, the Sparks Street Business Improvement Area (BIA) relieved its boss, Les Gagne, so now he's going solo with what he calls "Ottawa PoutineFest" at Ottawa City Hall, from May 1 to 3.

Visitors to the outdoor poutine festival at Marion Dewar Plaza will also be able to pair their gravy-drenched offerings with some craft beer from Broadhead Brewing Co. on site — something that was not done on Sparks Street before, Gagne told Metro Tuesday.

"This is a brand new poutine festival," he said, adding BIA regulations prohibited festivals from serving beverages on site so as not to compete with existing restaurants on the pedestrian mall.

"That's always been a limitation, especially because people



A planned food festival at Ottawa City Hall in May will combine poutine and beer on the grounds at Marion Dewar Plaza. COURTESY YVES ELOU LEGARE

come there and they order some food and they may want a beverage. Those are things people look for when we put together an event like this."

Broadhead will host a beer garden at the centre of the plaza and possibly a root beer tent, Gagne said.

The theme of the event is "world of poutine," which will incorporate exotic varieties like Caribbean and Asian fusion items from vendors based in Toronto and Montreal.

Mayor Jim Watson is also scheduled to be a celebrity judge a poutine-eating contest on May 2.

There are also plans to host

a new rib festival outside of the downtown core, but Gagne has yet confirm a location. If his plans materialize into something, he wants to incorporate music into the event.

Kevin McHale, program and events coordinator at Spark Street Authority, said Poutine Fest and Ribfest are still going ahead this year on the pedestrian mall, but Gagne said he's not concerned if they go head-to-head this spring and summer.

"It would be unwise of them not to do the one they've done for years in June. There's a nice market here for big BBQ," he said.

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Blaney dismisses concerns over anti-terrorism bill

Public Safety Minister Steven Blaney is trying to assure Canadians that proposed anti-terrorism measures won't run roughshod over civil liberties.

In his testimony Tuesday at committee hearings examining the federal legislation, Blaney dismissed concerns the new provisions would allow the Canadian Security Intelligence Service to squelch or infiltrate environmental protests that fall outside the letter of the law.

The planned measures are needed to protect the public from extremists who hate Canadian values, Blaney said during a meeting of the House of Commons public safety committee.

The international jihadi movement has "declared war on Canada" and other countries around the world, Blaney

Expanded powers

The legislation would give the spy service the ability to actively derail terror plots, make it easier for police to limit the movements of a suspect, expand no-fly list powers and take aim at terrorist propaganda.

told MPs Tuesday as they began hearing testimony on the federal legislation.

The committee plans to hear from more than 50 witnesses over the next few weeks.

The Conservatives brought in the bill, which would broaden CSIS's mandate, following the murders of two Canadian soldiers last October.

THE CANADIAN PRESS

Health

B.C. agency hails experimental cancer treatment

The B.C. Cancer Agency is hailing an experimental treatment that brought a woman with terminal cancer into remission in just five weeks.

But one of the researchers involved in the study cautions it could be years before the treatment is widely used and it's still not clear if it will work for all types of cancer.

THE CANADIAN PRESS

Lanaudière region

Measles numbers spike in Quebec

There are reports of a spike in the number of people with measles northeast of Montreal.

The reports say the number of cases in the Lanaudière region is up to 80, up from 32 at the end of February. A staff member at the region's health department said the situation was evolving but would not confirm any figures until a news conference scheduled for Wednesday morning in Joliette. THE CANADIAN PRESS

Slain soldier honoured in repatriation ceremony

Trenton, Ont. Sgt. Andrew Joseph Doiron was shot and killed in what has been described as a friendly-fire incident in Iraq

Scores of Canadians peered through the fence of an air force base as the body of a Canadian soldier killed in Iraq returned home Tuesday in a once-common ceremony that has grown rare since the end of the country's mission in Afghanistan.

Many saluted in silence on a raw grey day as the casket carrying Sgt. Andrew Doiron began the journey to Toronto following a brief repatriation ceremony at Canadian Forces Base Trenton in eastern Ontario.

At the family's request, citizens who showed up to pay their respects and media were kept outside the base.

"I haven't missed a repatriation ceremony yet and I'm not about to, regardless of the circumstances," said Hunter Vickers, 19, from nearby Belleville.

Vickers said it was important for the families to see "random citizens" show up as a show of support and appreciation for the hard work and sacrifice of the slain soldiers.

Among dignitaries on the tarmac were Gov. Gen. David Johnston and Defence Minister



Military pallbearers from the Canadian Special Operations Forces Command carry the flag-draped casket of Sgt. Andrew Joseph Doiron on Tuesday at Canadian Forces Base Trenton in Trenton, Ont. Inset: Sgt. Doiron was killed by friendly fire during Operation Impact on March 6, in northern Iraq. LARS HAGBERG/THE CANADIAN PRESS; INSET: CONTRIBUTED/THE CANADIAN PRESS

Jason Kenney.

Outside the fence, a "Support our Troops" flag fluttered in the breeze as people watched quietly.

After the ceremony, the motorcade carrying Doiron's casket headed west to Toronto for an autopsy along a stretch of highway dubbed "Highway of Heroes" that frequently saw such motorcades during Canada's combat in Afghanistan.

Only the body of Cpl. Nathan Cirillo — gunned down as he stood ceremonial guard in Ottawa in October — has trav-

Others injured

Three other Canadians were wounded in the firefight.

elled the route since the mission's end in 2011.

People began lining the route hours in advance, with some setting up Canadian flags on highway overpasses.

Doiron, 31, described as an enthusiastic and patriotic soldier, was shot and killed in what has been described as

a friendly fire incident in the darkness of night as his special forces unit was returning to an observation post in Iraq.

Officials with the Kurdish peshmerga said their forces opened fire on the unsuspecting Canadians after they showed up at the front line unannounced — a claim denied by Canadian officials.

The Canadian soldiers are part of a 69-strong contingent helping advise and train forces fighting against the Islamic State of Iraq and the Levant (ISIL). THE CANADIAN PRESS

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Myanmar. Police arrest 127 at protest of education law

Hundreds of riot police charged at students protesting Myanmar's new education law on Tuesday, pummeling them with batons and then dragging them into trucks, bringing a quick, harsh end to a week-long standoff. Authorities said more than 120 people were arrested.

Security forces threw stones and jumped over fences as they broke up the demonstration, said Honey Oo, a student leader. "Many people were beaten and several arrested," she said by telephone.

Information minister Ye Htut said 127 people were detained. Eight demonstrators and 16 police were injured.

Demonstrators were joined by monks and other activists, bringing their number to around 200 in the last nine

days, when they were blocked by police and began a sit-in on a road near a monastery in Letpadan, about 140 kilometres north of Yangon.

The two sides appeared close to an agreement early Tuesday, with police stating students could march to a nearby town and then be transported to Yangon by government-provided trucks.

Police abruptly turned on demonstrators, chasing them with batons and sticks, beating and kicking them as they were dragged into the waiting trucks, according to Associated Press photographers.

In recent days the government has crushed several protests in and around Yangon, usually by dragging protesters into trucks. **THE ASSOCIATED PRESS**



Student demonstrators protest on Tuesday in Letpadan, 140 kilometres north of Myanmar's main city of Yangon. GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

India's Daughter. Rape documentary debuts in U.S.

A rape documentary banned from airing in India received its U.S. premiere at a star-studded event on Monday that included actresses Meryl Streep and Freida Pinto.

The screening of India's Daughter at Baruch College began with a vigil as Streep lit about a dozen candles honouring the medical student who died after being

gang-raped on a bus in 2012. Organizers said about 650 people attended the event.

The documentary by British filmmaker Leslee Udwin, herself a rape victim, was to have aired on an Indian television station on Sunday, International Women's Day, but a court order halted the broadcast.

THE ASSOCIATED PRESS

South Korea

U.S. ambassador to keep 'nice guy' approach

U.S. Ambassador Mark Lippert vowed Tuesday not to change his "open and friendly" approach to diplomacy, as he left a South Korean hospital five days after being attacked by a knife-wielding man. Lippert told reporters at Seoul's Severance Hospital that he felt "pretty darn good, all things considered" after the "scary incident."

THE ASSOCIATED PRESS

United Nations

Security Council talks chief UN job's gender politics

At a private working lunch for the five most powerful members of the United Nations Security Council, talks turned to the question of the next UN secretary-general. A European ambassador reminded colleagues of a General Assembly resolution nearly as old as the UN itself, a guideline for the selection process that has been almost completely male. **THE ASSOCIATED PRESS**

London, U.K.

Syria-bound teens won't be arrested upon their return

Three British schoolgirls who travelled to Syria to join the Islamic State of Iraq and the Levant won't be prosecuted for terrorism if they return, a senior British police officer said Tuesday. Mark Rowley, head of counterterrorism for the Metropolitan Police, told lawmakers "we have no evidence to support involvement in terrorism." **THE ASSOCIATED PRESS**

French athletes die in helicopter crash

Argentina. Sailing champion Florence Arthaud, Olympians Camille Muffat and Alexis Vastine had been filming a reality TV show

Much of France was in mourning and looking for answers on Tuesday following the crash of two helicopters in a remote part of Argentina that killed 10 people, three of them French sports stars taking part in a glitzy new reality TV show.

Olympic champion swimmer Camille Muffat, Olympic boxer Alexis Vastine, and pioneering sailor Florence Arthaud died in Monday's crash. They had been among the contestants in the reality TV show Dropped.

The helicopters apparently collided in the air near Villa Castelli, about 1,170 kilometres northwest of Buenos Aires, La Rioja regional Secretary of Security Cesar Angulo told TN television. All 10 people on board — eight French nationals and two Argentine pilots — were killed.

Photographs and mobile-phone footage showed the burning wreckage of the helicopters in dry scrubland of a sparsely populated area along the Andes mountain range that separates Argentina and Chile.

The crash is believed to be one the deadliest incidents related to reality TV shows, a sub-genre of which involves taking celebrities and others to far-flung places to face chal-



From left: Sailing champion Florence Arthaud, French Olympic gold medal swimmer Camille Muffat and Olympic boxer Alexis Vastine. Two helicopters carrying the French sports stars who were filming a popular European reality show crashed in a remote part of Argentina, killing 10 people, including Muffat, Vastine and Arthaud.

MICHEL LIPCHITZ, MICHAEL SOHN AND PATRICK SEMANSKY/THE ASSOCIATED PRESS

lenges against the natural elements, both physical and mental.

French Prime Minister Manuel Valls said France's foreign ministry is in contact with authorities in Argentina to determine what caused the crash. President Francois Hollande expressed the "immense sadness" about those who died.

The Paris prosecutor's office opened an investigation for possible involuntary manslaughter, which is to be conducted by a research unit of the French air transport police, a French police official said.

The crew had arrived Sunday in Villa Castelli, where it had previously filmed a version of Dropped for Switzerland and Denmark, said Mayor Andres Navarrete. The remain-

ing victims were identified as Laurent Sbasnik, Lucie Meil-Dalby, Volodia Guinard, Brice Guilbert and Edouard Gilles, as well as pilots Juan Carlos Castillo and Roberto Abate.

French Secretary of State for Sport Thierry Braillard said on the BFM TV channel that "French sport has lost three stars this morning."

Other Dropped contestants on hand included former France and Arsenal striker Sylvain Wiltord, ice skating champion Philippe Candeloro, former Olympic swimming champion Alain Bernard and veteran cyclist Jeannie Longo. None of them was involved in the accident.

"I am sad for my friends, I'm trembling, I'm horrified, I don't have words. I can't say

anything," Wiltord tweeted.

Candeloro, speaking on RTL radio, said the other contestants were at their hotel Tuesday awaiting arrival of French consular officials.

Reality TV shows can appeal to former adrenaline-powered star athletes who remain often famous and beloved long after their careers are over, and are looking for new challenges or fun.

William Forgues, Muffat's companion, told i-Tele cable news channel that she was instructed not to reveal details about the show filming, but "told everybody that it was great. She was not forced (to do things). She was where she wanted to be."

"C'est la vie," he added.

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VOICES

TV COUNTING DOWN TO ITS FINAL EPISODE

With HBO's announcement that they are switching over to an internet-based service, it's only a matter of time before cable dies for good



MATT LAFORGE
readers@metronews.ca

You see Tim Cook, resplendent in a half-zip mock-neck pullover, next to a 30-foot projection of Mickey Mouse on a watch face and you say to yourself, "This is the most significant consumer-technology announcement of the week." But you're forgetting HBO. You're forgetting the real news.

The real news, in case you missed it: HBO is breaking up with cable.

Richard Plepler, head of the pay-TV giant, showed up at Apple's big unveiling on Monday to tout HBO NOW, a new internet-based service, first hinted at in October, that will launch in time for the Games of Thrones premiere in April and that will make available to viewers who don't have a cable or satellite subscription a large and up-to-date trove of the network's much-loved and much-coveted offerings. Deadwood, The Wire, The Sopranos — the whole gang (save Dream On, Larry Sanders and a bunch of other stuff) will be accessible on Apple TV and all the other iThings.

Need I even mention that this service is only planned for the U.S.? That's right — it's yet another boon for the American media consumer (add it to the reasonable mobile data rates and that seemingly bottomless Netflix selection) and yet another oc-

casation for the Canadian media consumer to feel sorry for herself as the words "Content not available in your territory" flash in her mind's eye.

Except that to see the HBO-Apple deal simply as another treat that we're not getting (right away) is a typically Canadian overemphasis on the superficial downside.

Let's suspend the pity party long enough to recall what's been going on up here the past couple of years: Millions of Canadians enthusiastically sign up for Netflix; thousands cut the cable cord; the Conservatives use time in a throne speech to promise to unbundle cable packages; then, later, they vow in a tweet never to tax Netflix and YouTube; Rogers and Bell launch Shomi and Crave, so-called over-the-top services that provide to their TV subscribers streams of shows and movies not available on Netflix; the CRTC issues a surprise fiat that under-

mines the value of Bell's 2017 Super Bowl broadcast rights by preventing the broadcaster from subbing out American ads during the game. There's a pattern forming on both sides of the border, and the HBO-

Apple deal is just the latest manifestation of it.

The pattern is intricately disjointed when inspected up close, but, at a distance, its broad form is easy to discern: TV as we know it in this country is about to be a thing of the past.

The capacity to stream video via the Internet — no air-waves, insulated coax or satellite relay required — means the TV-signal distributors (i.e., the cable and satellite companies) no longer hold all the cards. The government knows it, the Internet-based startups know it, the distributors definitely know it, and the networks know it, too.

The media blogger Steve Faguy made the situation plain a few months ago in an interview on the Canadaland podcast: There's nothing preventing every Canadian channel from streaming online, and the only reason they're not already doing it is that, for the moment, despite Netflix and cord-cutting, the traditional regulated broadcast system is still where the bulk of viewers

are found.

But there's no reason why that can't change and quickly.

It's in this light that the HBO-Apple deal is instructive: That HBO, the consummate premium cable-and-satellite brand, is now taking the first step toward disintermediating its cable and satellite partners should be seen by Canadian observers not as a power move on the part of one-of-a-kind player, but as a sure sign of things to come.

Big-ticket movie-and-prestige-drama channels constitute one of three main categories of TV product that wed people to their cable bills; news and live sports are the others.

Now the biggest of the big-tickets is stepping out. What's to stop the NHL or NFL from doing the same? Broadcast-rights contracts? Those don't last forever.

If you're a cable or satellite provider, you can take solace in the fact that you'll still be selling internet access when all the TV shows are streamed on the internet.

Or at least you will be until Tim Cook reaches into his pullover drawer and announces that Apple is going to start giving the internet away for free.

Matt LaForge is Metro Canada's managing editor of Canada, world and business.



Character matters — and it's worth the expense



JESSE STANIFORTH
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There are good reasons why governments see fit to intervene in granting birth certificates to parents who wish to give their children unusual names.

They don't want children to be named things that will cause offense to others ("God Hates Italians Johnson"), or to be named things that will bring hurt or ridicule upon them ("Ugly Moron Smith").

These are reasonable examples of government interference in the naming of children.

But the Northwest Territories' Vital Statistics Department went too far when they told Shene Catholique-Valpy that she couldn't register her newborn baby under her given name

— Sahaiᐱa, Chipewyan for "when the sun peeks through."

The reason they gave was that the name included a character that's not part of the Roman alphabet, and therefore couldn't be included on a birth certificate or on federal documents like passports.

If you don't know how to pronounce that name, that's fine. Like me, you're not used to characters that indicate a glottal stop — a sound we don't use in English.

One might argue this is our problem, as English speakers, and not the problem of the mother or her child.

However, we can all agree that the child has a name, whether or not all of us can pronounce it.

Being asked by the territorial government to register her birth under a different one, implying a different pronunciation and mean-

ing, is an insult to Catholique-Valpy.

In Canada, names matter more to many Indigenous people than non-Natives may think.

For several decades now, there has been a growing demand for Indigenous people to reclaim the languages, cultures, and traditions that Canada spent more than 100 years trying to destroy in what former prime minister Paul Martin called the "cultural genocide" of Residential Schools.

That recovery of history is without a doubt an inspiration to the growing chorus of voices demanding that Sahaiᐱa Catholique-Valpy get a birth certificate with her actual name on it. (Up to this point she doesn't have one, nor a health card: her mother has been paying out of pocket for her medical treatment.)

The only strength of the argu-

ment in favour of denying her a birth certificate is that it would cause bureaucrats would have to figure out a way to include in Canadian identification documents languages like Chipewyan that existed on this land for thousands of years before Europeans decided it was Canada.

That will have a financial cost, and we can expect a protest from the usual aggrieved voices over the outrage of the government spending money to include the characters required to name all Canadians in its documents.

However, Canada isn't doing enough right now to foster a healthy relationship between its government and its First Peoples.

This is a problem both on grand and minor scales. When the Assembly of First Nations is consistently at

odds with the feds over issues like education we see the tension in its more dramatic form.

Yet when a Chipewyan woman can't even get her child a birth certificate and health card because bureaucrats are not willing to use characters outside the Roman alphabet the indignation we are hearing is no less fiery, and no less pressing to resolve with common sense and decency.

It will cost money to reprogram some computers, but building better relationships with Canada's first peoples — both in big and small ways — should seem worth the expense.

Jesse Staniforth is a Montreal-based journalist and a regular contributor to the Nation magazine, serving the Cree Nation of Eeyou Istchee and the communities around James Bay.

In the promised Zoolander

The obvious highlight of Paris Fashion Week so far?

The sight of veteran male model — and signature-look Blue Steel innovator — Derek Zoolander triumphantly returning to the runway for Valentino, sporting a custom Night Butterflies brocade suit and overcoat.

OK, not really. But Ben Stiller and Owen Wilson did make a surprise appearance in Paris, using the catwalk as a means to cleverly announce that a sequel to the 2001 comedy Zoolander is officially happening. The long-awaited followup has been talked up for years, with Stiller discussing plot ideas in interviews as far back as 2010.

Justin Theroux reportedly wrote the script, with Penelope Cruz on board to star alongside Stiller, Wilson and Will Ferrell. No release date has been set yet.



Ben Stiller and Owen Wilson. ALL PHOTOS: GETTY IMAGES

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Mom, please don't Express Yourself

So what's it like to be the 18-year-old daughter of an iconic, boundary-pushing sex symbol? Pretty awkward, as it turns out. Madonna admits to Carson Daly during a Today show interview that oldest daughter Lourdes isn't dealing too well with some of mom's racier material. "(Lourdes) is horrified by all



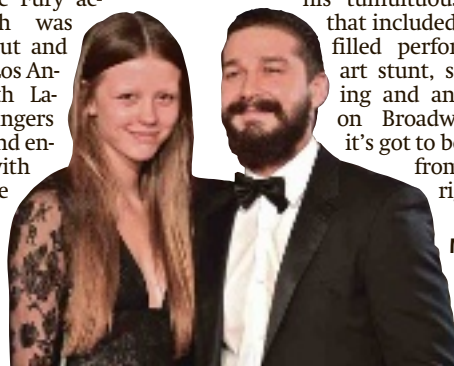
of it," Madonna explains. "She just wants me to be her mom." That's one request Madonna has apparently been taking very seriously, especially now Lourdes is off to the University of Michigan as a freshman. It turns out Madonna can still embarrass her daughter the old-fashioned way. "I'm very, you know, worried. 'Are you OK? Are you getting enough sleep? Are you eating right?'" she admits. "I was worried about the fact that she didn't have enough towels, Q-tips, you know." Lourdes, it seems, just can't win.

Madonna and daughter Lourdes

Shia and Mia to make it official

Apparently Shia LaBeouf's new rattail isn't that much of a turn-off, because if model Mia Goth's new jewelry is any indication, she's planning to marry the Fury actor.

Goth was spotted out and about in Los Angeles with LaBeouf, fingers of one hand entwined with his while the other sported a pretty impressive diamond.



Mia Goth and Shia LaBeouf

And yes, it was on that finger. The pair began dating in 2013 after working together on Lars Von Trier's Nymphomaniac, and she stood by him through his tumultuous 2014 that included a tear-filled performance art stunt, skywriting and an arrest on Broadway, so it's got to be all up from here, right?

Blurring the lines

A jury awarded Marvin Gaye's children \$7.3 million on Tuesday after determining singers Robin Thicke and Pharrell Williams copied their father's music to create Blurred Lines, the biggest hit song of 2013. The verdict could tarnish the legacy of Williams, a reliable hit-maker who has won Grammy Awards and appears on NBC's music competition show The Voice.



Pharrell Williams

THE ASSOCIATED PRESS

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IN THEATRES MARCH 20

2 SCENE

Juno you can do better

As the Junos roar into Hamilton this weekend, it's clear the venerable awards show has grown a bit rusty. Below are five ways the Junos might be improved.

THE CANADIAN PRESS



Charm Drake

Drake's gold throne sits atop an enviable nexus of critical adoration, sales supremacy and superstardom. Rightfully, he should have many Junos alongside his other gilded baubles. But he hasn't appeared at the show since 2011, when he was shut out — and, his rap peers argue, embarrassed — in six different categories, despite hosting the show in his hometown. Lord knows, his absence is deeply felt.

An M.I.A. MC

No disrespect intended to Jacob Hoggard (below), but his band Hedley had already been announced as a Junos performer when CTV said he would also host. The decision generated little discernible buzz for the show — as did having Classified, Johnny Reid and Serena Ryder collectively host last year.

The three shows prior to that were helmed by Michael Bublé, William Shatner and Drake, who infused the Junos with a greater degree of star power. If the host is unlikely to bring in new viewers, why not go without one — as the Junos did successfully in 2010?

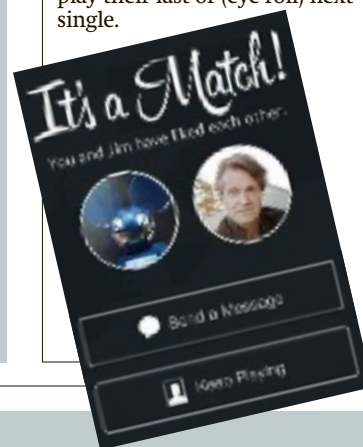


Take more risks

Organizers seemed to make an effort to reel in newcomers this year, including Shawn Mendes, Magic! and Kiesza (above), along with veteran Deadmau5. But what took so long? The Junos should endeavour for early adopter status more often, and broaden their idea of relevance. For instance: Wouldn't a few of Grimes' roughly 270,000 Twitter followers tune in to see the eccentric electronic composer's Junos debut, regardless of her album sales?

Play Cancon Tinder

The Grammys haphazardly play musical matchmaker and often it doesn't work out. But the Junos have had better luck in the rare instances they've coerced collaboration — Deadmau5 and Lights come to mind, as does the increasingly historic pairing of Drake and Justin Bieber. Continuing to link Canucks might generate more excitement than seeing the same familiar faces play their last or (eye-roll) next single.



Conquer insecurity

Can we cut the international album of the year category altogether? The only rational justification for its existence is to persuade non-Canadian stars to attend the show — and if that's the plan, it's been failing for years. Unless CTV is keeping secret an appearance by Katy Perry, Taylor Swift or Lorde (above). While this category has allowed us the juicy opportunity to accurately refer to Eminem as a two-time Juno winner, its time has come and gone.



Jack White
GETTY IMAGES

Collecting

There's still lots of money in vinyl



SOUND CHECK
Alan Cross
scene@metronews.ca

Although vinyl sales had almost disappeared into

a black hole by 2006, the format was kept alive by record-collecting obsessives who scoured through record shows and garage sales and trolled sites like eBay.

Every collector has at least one Holy Grail on their list. For me, it would be a copy of the Sex Pistols God Save the Queen 7-inch (b/w No Feelings, s/n AMS 7284) manufactured by A&M Records U.K. during the five

days the band was signed to the label in 1977. But after an outcry by shareholders and other artists on the label (including — ahem — The Carpenters), the Pistols were dropped and all copies of God Save the Queen were ordered destroyed.

Most of them were, but an undetermined number were rescued by A&M employees.

Copies come up for auc-

tion every once in a while. One never-played copy sold for about \$11,500 last month, a bargain compared to the one that sold for \$25,000 in 2006.

However, this is chump change if we're looking for something truly rare. In January, an acetate (a fragile audio pressing) made by an 18-year-old truck driver named Elvis Presley on July 18, 1953, was purchased by

Jack White (yes, him) for \$378,000.

Given that this was Elvis' first-ever recording — and that there's just one copy in existence — the record has status in the history of rock 'n' roll. Jack plans to reissue My Happiness b/w That's When the Heartaches Begin on vinyl through his Third Man Records as part of Record Store Day on April 18.

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Beyond the beach in Punta Cana

Trend. Tour operators realize travellers want more than just a rum-soaked resort stay: Enter the boutique resort with immersive cultural activities

VAWN HIMMELSBACH
life@metronews.ca

This time of year, most Canadians are ready to shed their down-filled parkas and salt-and-grime-covered boots in favour of bathing suits and flip-flops — and soak up some vitamin D.

But not everyone wants to stay in a crowded all-inclusive where they don't see life beyond the walls of the resort. These days, there's a trend toward smaller, boutique resorts offering a more personalized experience, and more of a focus on sustainable tourism and experiencing local culture.

Sunwing Vacations, for example, recently opened the adults-only CHIC Punta Cana in the Dominican Republic, which offers a Miami South Beach vibe — with only 323 stylish suites. The resort features a poolside DJ booth, “mermaid” pool, oxygen bar, culinary “chef’s table” experience, and spa with hydrotherapy circuit. And lots of mood lighting.

In an atypical move for a tour operator, Sunwing purchased the resort, so it “owns” the experience from start to finish. “It’s working really well for us,” says Jaqueline Grossman, senior director of marketing with Sunwing Travel Group. “It allows us to extend the whole value proposition across the entire experience, from the time you get on the plane with champagne service (through



CHIC Punta Cana offers a Miami South Beach vibe and tours through the DR. PHOTOS: VAWN HIMMELSBACH/METRO

Drink it

- **Mama Juana.** In the DR, it won't be long before someone offers you a shot of the local drink of choice: Mama Juana. Originally prepared by the Taino Indians as a medicinal drink to cure a range of ailments from headaches and joint pain to poor libido, the modern-day version consists of a mix of twigs, barks and herbs steeped for days in rum, red wine and local honey. Just don't drink too much, or what ails you will be a nasty hangover.

your stay at the resort)."

While Canadians crave beach time, they still want to get off the resort — at least for



Tours off the resort offer travellers the chance to see some Dominican industries like coffee plantations.

a day or two. Country Safaris, a local tour operator that works in conjunction with Nexus Tours, takes tourists off the resort to see the countryside, visit villages and sample Dominican coffee, cacao and cigars.

It's also a chance for tourists to purchase locally produced

products, such as coconut oil and rum, straight from the farmers.

The DR is also seeing a big ecotourism trend, says Julio Lopez, a tour guide with Nexus Tours. It has responded by partnering with The Nature Conservancy, The Smithsonian and

Two nations, one island

Not everyone who visits the Dominican Republic realizes it shares the island with Haiti. But while the DR is considered a tropical paradise, Haiti remains one of the poorest countries in the world. This goes back to colonial times, when the Spanish handed over the western third of the island to the French in 1697. Hundreds of thousands of African slaves were brought there to help produce sugar, coffee, cacao and cotton. But the slaves rebelled and gained independence in 1804, renaming the former colony Haiti. However, independence was followed by rebellions, coups and dictatorships. Massive deforestation and a coastline prone to hurricanes have added to the country's socio-economic problems.

the United Nations, turning more than 25 per cent of the country into natural parks, reserves and marine sanctuaries.

Isla Saona — a postcard-perfect tropical island — is part of a protected national park system that makes up a good chunk of the Caribbean coastline.

Tourists can visit the island with tour operators such as Nexus Tours for a day of snorkelling, swimming and sunbathing on miles of inhabited beaches.

Closer to Punta Cana, tourists can head to Samaná Bay — one of the first whale sanctuaries in the world — to spot humpback whales, or the Indigenous Eyes Ecological Preserve for a dip in a freshwater lagoon believed to hold medicinal properties.

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Now is the time to spring for a golf trip to San Diego



The South Course at the municipally-owned Torrey Pines is set on seaside bluffs. COURTESY JOANNE DIBONA, SANDIEGO.ORG



If golf isn't your thing, San Diego offers plenty of scenic hiking opportunities. COURTESY LISA FIELD/SANDIEGO.ORG

California. There are more than 90 courses here to swing your sticks, but that's not all this city offers



BRIAN KENDALL
canadiangolfttraveller.com

For winter-weary Canadian golfers, a visit to San Diego is like a first glimpse of paradise.

California's most southerly metropolis offers abundant sunshine, idyllic year-round

temperatures and is home to more than 90 golf courses in every imaginable setting—from oceanfront to desert to mountains.

Once an uninspiring Navy town, today's San Diego features a glittering skyline, world-class shopping and dining, and is recognized as an ideal family destination, with attractions such as SeaWorld, LEGOLAND and the USS Midway Museum.

Perhaps most impressive is Balboa Park, a verdant oasis in the heart of the city that is home to 15 museums and the renowned San Diego Zoo.

Golfers find themselves almost overwhelmed with choices. But at the top of any

must-play list are the world-famous South and North Courses at municipally-owned Torrey Pines Golf Course.

Set on seaside bluffs just north of the tony suburb of La Jolla, the South Course was where Tiger Woods clinched an epic come-from-behind victory over Rocco Mediate in the 2008 U.S. Open. And looming over this spectacular setting is the Lodge at Torrey Pines, a popular resort where the golf theme extends to the Scottish kilts worn by the bellboys.

Almost as famous as Torrey Pines is Omni La Costa Resort and Spa, nestled in coastal foothills about a 25-minute drive north of downtown San Diego.

Beyond the links

- **Balboa Park.** The largest urban cultural park in the U.S. offers meticulously maintained gardens, hiking trails and 15 museums, including the San Diego Air and Space Museum and the San Diego Natural History Museum. But Balboa Park's most popular attraction is the San Diego Zoo, home to more than 4,000 animals. The zoo's menagerie includes the largest population of giant pandas in the U.S.

The luxury resort's two recently renovated parkland-style layouts, Champions and Legends, have together hosted 37 PGA Tour events.

San Diego's golf roster runs the gamut from bare-bones municipal tracks to bucket-list courses with palatial club-

houses and sky-high green fees.

Unmatched in its elegance is Grand Del Mar resort, tucked in the scenic Sorrento Valley north of the city. The Mediterranean-inspired retreat includes Grand Del Mar Golf Club, a brilliant Tom Fazio design punctuated by dramatic shifts in elevation.

Another of Grand del Mar's headline attractions is Addison, one of California's premier fine dining restaurants. Fortunately, memorable golf doesn't have to bust the budget in San Diego.

Just across soaring Coronado Bay Bridge from downtown is one of the state's most popular municipal courses. More than 100,000 rounds a year are played at Coronado Golf Course, an affordable jewel (\$35 weekdays; \$40 weekends) that winds past the iconic Hotel Del Coronado, where the Marilyn Monroe classic *Some Like it Hot* was filmed in the late 1950s.

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Breakfast or dessert. Carrot Cake Waffles



This recipe makes four large waffles. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. To make the syrup, in a small saucepan over medium-high, combine the brown sugar, water, raisins and both the fresh grated and dry ground gingers. Bring to a simmer, stirring to combine, and heat until the sugar has dissolved. Remove the pan from the heat and set aside to steep.

2. Heat a waffle iron to medium-high. Heat the oven to 250 F.

3. In a medium bowl, whisk together the eggs, brown sugar, oil, pineapple, walnuts, carrot, buttermilk and van-

illa. In a small bowl, whisk together the flour, baking powder, salt and cinnamon. Gently stir the dry ingredients into the liquid ingredients just until combined.

4. Spray the waffle iron with cooking spray and add 2/3 cup of batter, or an appropriate amount for your waffle iron. Cook as directed for your waffle iron, or until golden brown. Keep warm on a baking sheet in the oven while you cook the remaining waffles. Serve with butter, if desired, and the warm syrup. **THE ASSOCIATED PRESS**

Ingredients

For the ginger-raisin syrup

- 1 cup packed brown sugar
- 1/2 cup water
- 1/3 cup golden raisins
- 2 tbsp grated fresh ginger
- 1 tsp dry ground ginger

For the waffles

- 2 eggs
- 2 tbsp packed brown sugar
- 1/4 cup vegetable oil
- 8-oz can crushed pineapple (not

drained)

- 1/2 cup toasted, chopped walnuts
- 1/2 cup packed grated carrot
- 1 cup buttermilk
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 4 tsp baking powder
- 1/4 tsp table salt
- 1 tsp cinnamon
- Butter, optional

Spices add extra zip to soup

Dinner. This carrot and bean combination features a dash of curry and other flavours for added taste



DINNER EXPRESS
Emily Richards
food@metronews.ca

Getting vegetables into your diet can be tricky if you're on the go all day. But if you take a few simple ingredients that you may have in your pantry and put them together, you will be on your way to creating healthy and tasty dinners.

Try to keep veggie staples like onions, carrots, celery and potatoes on hand for more than side dishes or salads. Create meals with them as the flavour starters and stars of the recipes.

Ingredients

- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 5 large carrots, peeled and chopped (about 1 1/4 lb/575 g)
- 2 stalks celery, chopped
- 1 potato, peeled and chopped
- 2 tbsp (30 ml) tomato paste
- 2 tsp (10 ml) curry powder or paste
- 3 cups (750 ml) sodium-reduced vegetable broth
- 2 cups (500 ml) water
- 1 can (14 oz/398 ml) navy beans, drained and rinsed
- 3 tbsp (45 ml) chopped fresh cilantro
- Hot pepper sauce (optional)



This Curry Carrot and Bean Soup recipe makes 7 1/2 cups (1.875 L) of soup. EMILY RICHARDS

Simple savoury spices that pack a punch, like curry or dried herb mixes, will work to give your dinners big hits of flavour.

Lastly, stock up on canned beans when they're on sale because they are perfect in salads or soups.

This zippy carrot-bean soup is perfect to make ahead and freeze for lunches or

enjoy for dinner with your favourite whole grain crackers.

Directions

1. In a soup pot, heat oil over medium heat and cook onion, garlic and ginger for 3 minutes or until softened. Stir in carrots, celery, potato, tomato paste and curry powder.

2. Pour in broth and water;

bring to a boil. Reduce heat; cover and simmer for about 45 minutes or until carrots are very tender.

3. Using an immersion blender or ladle into blender, purée soup in batches until smooth. Stir in beans and cilantro and heat through. Serve in deep bowls and drizzle with hot sauce, if desired.

With olive oil, you get what you pay for

With a poor harvest of olives in traditional high-producing countries like Spain and Italy pushing global production to a 15-year low and driving up the price of olive oil, it's more important than ever for consumers to be wary of what they buy.

While Greece, the third-largest producer in the world, had a superb harvest last year, Spain and Italy were hit by frost. Then moisture and humidity in the summer, when the trees prefer arid conditions, gave rise to the olive oil fly, a pest that burrows into the fruit.

"A lot of Italian producers didn't even press," says chef Christine Cushing, who has been producing olive oil from trees grown in a remote area of Greece for a decade. "They left olives to rot. It was that bad."

And civil war in Syria, another large producer, has affected that country's output.

Although the industry is regulated, the rules are often broken and it's becoming more challenging to catch offenders. People have to learn for themselves what a great olive oil tastes like, as well as the characteristics of a bad ol-

ive oil, Cushing says. Here are some tips:

• In scanning store shelves, if you see a litre of olive oil labelled extra virgin for \$3.99, pass it by.

"I don't care if it says 'the holy father's extra-virgin olive oil,' it's a lie. It cannot be," says Cushing. "Good olive oil has never been cheap, just because of the way it's produced."

• The worst enemies of olive oil are heat, light and air, so look for oil in a dark bottle with a best-before and/or harvest date. A good-quality olive oil will be sealed.

• You could also check for a

sticker indicating PDO, or Protective Designation of Origin, a European Union assurance of quality.

• As with wine, olive oils have different characteristics and aromas — fruit, pepper, tomatoes, almonds — depending on the cultivars and terroir. Some stores have tasting bars where you can sample the oil.

• Buy what you think you're going to use. Use it up and buy it again so you can have it at its best, says Cushing.

"Don't save it for good. Everybody's worth a great olive oil." **THE CANADIAN PRESS**



The average Canadian consumes 1.5 litres of olive oil a year. ISTOCK

Habits that may be holding you back at work

Tips. When it comes to a stalled career, sometimes you can only blame yourself

LAUREN
MARINIGH
TalentEgg.ca

Do you feel held back at work?

It's easy to blame competition or management when you hit a brick wall in your career. It can be awfully frustrating, especially when your day-to-day life seems to become more and more repetitious.

But it's important to remember that there is always something you can be doing to change your situation — and the first step is recognizing what you might be doing (or not doing) that's stopping your career advancement.

Not speaking up

One of the things that may be holding you back from moving up the ladder in your workplace is keeping quiet.

Speaking up when you have an idea or something to contribute shows your employer that you not only care about your job, but also the company you work for. Sharing your input is also a great opportunity to demonstrate to your employer that you are capable of much more than doing assigned tasks, which could lead to bigger and better opportunities within your workplace.

It's also important to make sure you're asking questions. If you don't understand something, need more clarification, or you just want to learn more, don't hesitate to speak up and ask. People often fear that not understanding something may make them look bad; on the contrary, speaking



Climbing that corporate ladder takes more than just simply showing up to work every day. ISTOCK

up and asking the right questions will show your eagerness to learn.

Being overpowering

Often, leadership is confused with being the most "powerful" person in the room. This isn't always the case — overpowering teammates when working on a project not only gives off a bad impression to

colleagues, but indicates you aren't capable of working harmoniously with other people.

Nobody likes the bully in the workplace, and being too abrasive about your ideas and the projects you're working on can create negativity and tension. The reality is, every workplace involves working with others, and everyone has a different work style. Ad-

justing yourself to be able to work with any type of person is one of the best qualities you can bring into a workplace, and one that can only benefit you.

So how do you demonstrate leadership? Listen to everyone's ideas, and act as a mediator. Yes, you can put your foot down when it's absolutely necessary, but a true

It's time to contribute

Speaking up when you have an idea or something to contribute shows your employer that you not only care about your job, but also the company you work for.

leader is able to come up with solutions with their team, and make everyone feel included. These qualities are sure to be noticed by management, and it will hopefully result in your career progression.

Not taking initiative

There is almost nothing more irritating to an employer than having to babysit one of their workers. They want to see what you are capable of — but if they're constantly on your back about what you are working on, they are not likely going to give you additional opportunities.

Taking initiative and getting stuff done before it is asked of you is a quality that employers look for in their employees. Be the type of employee that your boss doesn't have to worry about because you are always one step ahead.

This means knowing what tasks you have for the day. Get your work done on time (or ahead of time, if possible). If you have questions, reach out to someone — don't wait for someone to come up to you. If you're done your work, ask if there's anything you can assist with.

Lacking positivity

Having a positive attitude is key in any workplace — after all, nobody likes a negative Nancy.

No matter how efficient you are at your work or how

intelligent you are, you'll have a difficult time advancing if you don't demonstrate that you enjoy the work. Employers will be hesitant to promote someone who doesn't seem passionate, especially since individuals in management positions are often expected to represent the company in a positive fashion to both their team and clients.

You might be exuding negativity at work, and not even know it. You might love your work, but forget to show enthusiasm. Managers usually base their judgments on observations. If they get the impression you don't enjoy your work (even if you do!), then the outcome will still be the same.

Luckily, this is fairly easy to remedy. Smile and greet your colleagues on a daily basis. It may feel forced at first, but you'll find you'll adopt to your new habits soon enough!

Not showing commitment

Not showing that you're committed to your job and workplace can be a huge reason you aren't advancing. Employers look for people willing to go above and beyond, who aren't just there for a paycheck.

Show commitment: you may need to come in early or stay late to get a project done on time, or hook your email up to your cell phone to stay on top of everything.

Perhaps you're doing this already, and management hasn't noticed. Consider sending your manager a casual update through email, letting them know what you've been working on and how it's going. Briefly mention the processes you've implemented, or the different steps you've taken to make sure everything is taken care of. This is a subtle way of making sure you're on their radar!

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Most students are encouraged to look for jobs during their final year of college or university. If you haven't been lucky enough to land a job right away, job hunting can become an anxiety-inducing, exhausting experience.

Staying organized is the best way to keep your head on your shoulders. You don't want to forget to follow up with a recruiter, or forget to send out an application. And since most students and grads almost always have a device at their fingertips, apps and programs are a great way to stay on top of your job hunt. Here are a few strategies.

Spreadsheet programs

Spreadsheet programs like

Microsoft Office Excel, Apple Numbers, and Google Drive Sheets are an easy way to stay organized. For every potential job, make columns for the following:

- Date you saw the ad
- Company name
- Job title
- Duties (alternatively, ad URL)
- Application closing date
- Required materials
- Date application submitted
- Status of application

Of course, these are suggestions; feel free to customize to your needs. Consider having different spreadsheets for different kinds of jobs. For example, if you're looking into administrative and social media jobs, it can be more convenient to divide the jobs by this category.

To-do list programs

If you are not a fan of spreadsheets, consider to-do lists. There are a wealth of choices out there, and many of them are cross-platform and available as mobile apps. Some examples are Trello, Wunderlist, and Any.Do.

The great thing about these programs is the ability

to create different lists: you can have a checklist for each job you're applying to. Include the job title, company name, and the application deadline.

- For each job:
- Research the position
- Revise resumé
- Write cover letter
- Send resumé and cover letter



The more organized you are, the less anxiety you'll have about that next job interview. ISTOCK

ter

- Prepare for interview
- Attend interview on (date) at (location)
- Send post-interview thank-you note

Some of these are larger tasks than others, so if necessary, split them up as separate points in the to-do list.

For example, preparing

for an interview is a complex task. This may involve choosing an outfit, researching the company and your interviewer(s), and making sure you know your way to the interview location.

The advantage of to-do lists is that you have a clear list of tasks and each time you check something off, you

get a sense of satisfaction.

Web clipping and read-later programs

Bookmarking a web page is not the same as saving it. This can be done with a web-clipping program like Evernote Web Clipper or a read-later program like Pocket and Dot-DotDot. The purpose of these programs is to save and archive job advertisements.

Once you have job advertisements saved, it will be useful to organize them into different folders.

Your system can be organized by job type, which can refer to the industry or whether the job is short-term contractual or potentially long-term.

If possible, annotate your archived clippings. These notes to yourself can be a great line for the cover letter or a reminder to talk to someone you know who works in the company.

Keeping notes together with the advertisement ensures you won't forget something that will help you succeed in finding that dream job.

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The Bruins' Loui Eriksson scores past Senators goaltender Craig Anderson Tuesday night at the Canadian Tire Centre. SEAN KILPATRICK/THE CANADIAN PRESS

Bruins snap Sens' 9-game point streak

NHL. Ottawa native Spooner scores twice vs. his hometown team

Tuukka Rask stopped 39 shots to lead the Boston Bruins to a 3-1 win over the Ottawa Senators on Tuesday night.

Ottawa native Ryan Spooner scored twice for the Bruins (34-22-10), who won their third straight. Loui Eriksson added the other.

Matt Puempel scored for Ottawa (30-24-11) as Craig Ander-

On Tuesday	
3	1
Bruins	Senators

son faced 22 shots in his second straight start after missing 17 games.

The loss was Ottawa's first in regulation since Feb. 16 and ended a nine-game points streak where Ottawa went 8-0-1

to get back into the playoff race.

Boston extended its lead over Ottawa to seven points for the final Eastern Conference wild-card spot. The Senators have a game in hand and the two teams meet for the final time March 19.

Boston opened the scoring on the power play early in the second as Spooner was left all alone in front and beat Anderson to the far side.

The Bruins made it 2-0 at the 15-minute mark as Eriksson made a move around Cody Ceci, then waited for Anderson to bite before scoring his 17th

of the season.

Just over one minute later Boston made it 3-0 as Spooner scored his second of the game. He took a pass from Milan Lucic and put it in at the side of the net.

The Senators had a number of solid chances but Rask was perfect on every occasion and got help as Ottawa hit the post three times in the second.

Puempel ended Rask's shut-out bid with his first NHL goal at the eight-minute mark of the third, taking a shot off the end boards and putting it past the Boston goalie. **THE CANADIAN PRESS**

NFL

Revis signs with Jets, Seahawks trade for Graham

Until the New York Jets landed Darrelle Revis, the first hours of NFL free agency Tuesday looked more like fantasy football.

Trades, anyone?

Monster deals sending Jimmy Graham to Seattle and Sam Bradford to Philadelphia stole the spotlight from free agent signings. That is until mid-evening, when Revis Island returned to the Meadowlands.

The Jets dug into their past to bring back the All-Pro cornerback, according to his agents. Revis goes from the Jets' archrival Patriots, who he helped win the Super Bowl last month, to his NFL roots.

The deal is for five years and \$70 million, with \$39 million guaranteed.

THE ASSOCIATED PRESS

NHL

Rangers victorious in battle of N.Y.

Rick Nash scored a deflected goal to break a tie 2:50 into the third period, and the New York Rangers beat the New York Islanders in their last regular-season visit to Nassau Coliseum 2-1 on Tuesday night.

Kevin Hayes scored the tying goal for the Rangers in the second period and Cam Talbot made 29 saves to improve to 11-2-3 since No. 1 goalie Henrik Lundqvist went out with a neck injury.

Nash's team-leading 39th goal was a shot from the right point that caromed in off Islanders forward Ryan Strome.

THE ASSOCIATED PRESS

Stroman likely out for season with torn ACL



In his rookie season last year, Blue Jays pitcher Marcus Stroman went 11-6 with a 3.65 earned-run average. NATHAN DENETTE/THE CANADIAN PRESS

The Toronto Blue Jays suffered a body blow Tuesday with the news that young starter Marcus Stroman is expected to miss the entire season after tearing the anterior cruciate ligament in his left knee during a fielding drill.

General manager Alex Anthopoulos said the 23-year-old right-hander will seek a second opinion from Dr. James Andrews, and surgery is likely.

Anthopoulos said Stroman was participating in bunting practice when he was called off by third baseman Josh Don-

Rounding out the rotation

With R.A. Dickey, Mark Buehrle and Drew Hutchison relative locks for the starting rotation, candidates to fill spots No. 4 and 5 include Aaron Sanchez, Daniel Norris and Marco Estrada.

aldson. Stroman planted his feet to stop, then felt a pop in his knee.

An MRI confirmed the tear. "Beyond devastated," Stro-

man tweeted. "Not being able to compete with my brothers each and every day is extremely disappointing. Still can't believe it."

It was the second significant training camp injury for the Jays. Canadian outfielder Michael Saunders tore the meniscus in his knee in a freak accident when he stepped into a sprinkler head indentation while shagging fly balls. Saunders could be ready for Opening Day, however, after having 60 per cent of his meniscus removed. **THE CANADIAN PRESS**

Champions League. Real survives Schalke scare

Klaas-Jan Huntelaar scored twice to give Schalke a thrilling 4-3 win at Real Madrid but two headers by Cristiano Ronaldo helped the hosts advance to the quarterfinals 5-4 on aggregate in the Champions League on Tuesday.

Christian Fuchs opened the scoring in the 20th minute and Ronaldo equalized five minutes later from Toni Kroos' corner.

Madrid made three defensive errors in a row that culminated with Huntelaar hitting the post in the 40th and scoring seconds later after connecting with Madrid 'keeper Casillas' clearance of Max Meyer's shot.

Ronaldo scored his 75th career Champions League goal five minutes later and Karim Benzema dribbled past two defenders to score



Cristiano Ronaldo scored twice to sink plucky Schalke GETTY IMAGES

in the 53rd.

But Leroy Sane curled a shot over Casillas in the 57th to level the match on the night before former Madrid player Huntelaar made it four for Schalke in the 84th.

THE ASSOCIATED PRESS

MLS

Altidore double earns him award

Toronto FC striker Jozy Altidore has won MLS player of the week honours for his two-goal performance Saturday in Vancouver against the Whitecaps.

The goals were the first for Altidore in Major League Soccer since he left to play in Europe in 2008. Altidore is replacing English striker Jermain Defoe, who also scored twice in the 2014 Toronto season opener and was named player of the week. THE CANADIAN PRESS

Havana friendly

New York Cosmos to take on Cuba

The New York Cosmos will face off against Cuba's national team in June, an official said Tuesday, making it the first professional U.S. soccer club to play on the island in 37 years.

The match comes after Washington and Havana announced Dec. 17 that they would negotiate the restoration of diplomatic relations that were severed shortly after the 1959 Cuban Revolution.

THE ASSOCIATED PRESS

Court. Valet saw likely gun in Hernandez's waistband

A valet manager at a Boston hotel testified Tuesday at Aaron Hernandez's murder trial that the then-New England Patriots star tight end had what he believed to be a gun stuffed in his waistband two days before the killing of Odin Lloyd.

Samson Michael testified that he was an account manager for the valet service at the W Hotel in Boston in June 2013.

He said he saw Hernandez outside the hotel at 1:30 a.m. on June 15, two days before Lloyd was shot dead at an industrial park near Hernandez's home. Lloyd had been dating the sister of Hernandez's fiancée. Lloyd was with Hernandez and another man that night, according to testimony Monday by a woman who babysat for Her-

Quoted

"I noticed a gentleman with his shirt up to his chest and what looks to be a gun in his waistband."

Witness Samson Michael

nandez's daughter and ran into him at the W Hotel.

"I just noticed a gentleman with his shirt up to his chest and what looks to be a gun inside his waistband," Michael told jurors.

Asked to describe it by prosecutor William McCauley, Michael said it was a "black object, what looks like a gun. I could see about half of it. Mostly the handle." THE ASSOCIATED PRESS



Golden girl Humphries captures Marsh award memory

Canadian gold medal-winning bobsledder Kaillie Humphries takes a selfie with the Lou Marsh Award trophy after it was presented to her by Toronto Star publisher John Cruickshank on Tuesday in Toronto. The Calgarian Humphries was named Canada's top athlete for 2014 in December after successfully defending her two-woman bobsled gold at last year's Sochi Olympics. TARA WALTON/TORSTAR NEWS SERVICE

Don't bow to fame or money; be Smart

CIS men's basketball.

With a great record, a No. 1 ranked team and a true loyalty to his players, we could all learn from Carleton's charismatic coach

Integrity



Carleton Ravens coach Dave Smart

"No matter how much money I got offered, I'd still have to go to the team room and tell 12 athletes that I recruited, who have worked so hard for me ... I'd have to tell them I'm leaving. I'm not sure I'm capable of doing that."

He's the star basketball coach who led Carleton University to multiple national championships — but Dave Smart hates everything that comes with winning.

Smart became the Carleton Ravens' head coach back in 1999. He's since led his team to 10 national titles in 12 years — including five straight starting in 2003 — and has been Canadian Inter-university Sport coach of the year seven times.

"I hate the media attention ... I hate that more people may know who I am," Smart told the Star Tuesday by phone from a bus en route to Toronto. "If we could win with no one knowing who I was and no one talking to me after, it would be perfect."

For the coach, whose team is seeded No. 1 heading into the CIS men's basketball championship at Ryerson University (which starts Thursday) it's not the allure of another shiny trophy that keeps him dedicated and passionate, it's his players.

It's the same reason why he has turned down significant offers from schools in the United States, he says.

"No matter how much money I got offered, I'd still have to go to the team room and tell 12 athletes that I recruited, who have worked so hard for me ... I'd have to tell them I'm leaving," said Smart. "I'm not sure I'm capable of doing that."

Other winning coaches have made the move, including Smart's friend. The former Lakehead University basketball coach left the school in 2013 and later secured the head coaching job with the Maine Red Claws.

Smart, 49, says his circumstances are different. He's settled in Ottawa with his wife and two kids, three-year-old Gabriel and five-year-old Theo.

While he once told a reporter he'd only accept a U.S. job for a salary of \$500,000 — which he now laughs off as a joke — his hard bargaining hasn't silenced the talk. Smart tells inquisitive NCAA schools "the same thing I'm telling you," he told Torstar

News Service.

Smart did accept a coaching offer from an NCAA school once, but then changed his mind after realizing he couldn't break the bad news to his players, he said.

"Dave's an unbelievable basketball coach and he holds us to higher standards every day. Not just in terms of basketball, but in terms of how you act as a person," said player Victor Raso, 24. "The lessons are beyond basketball."

In the near future, Smart would like to see Canadian schools make some changes. Full athletic scholarships might keep talented players at home while still offering a good education and basketball training, he said, adding he'd never begrudge the likes of Toronto's Andrewiggins for leaving for better NBA exposure.

As for how he expects the upcoming tournament to go, Smart's answer is characteristically honest.

"I just want to play well," he said. "I think we can play well and lose."

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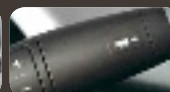
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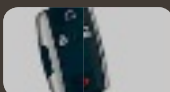
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Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased; \$500 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; \$750 credit available on other Chevrolet, Buick GMC vehicles (except Chevrolet: Colorado 2SA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, GMC: Canyon 2SA, Sierra Light Duty and Heavy Duty); \$1,000 credit available on Cadillac vehicles (except Chevrolet: Colorado 2SA, Camaro Z28, Malibu LS, GMC Canyon 2SA and 2015 Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ‡Offer applies to eligible current owners or lessees of any Pontiac/Saturn/SAAB/Hummer/Oldsmobile model year 1999 or newer car or Chevrolet Cobalt or HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada from March 3, 2015 – March 31, 2015. Credit is a manufacturer to consumer incentive (tax inclusive); \$1,000 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; \$1,500 credit available on other eligible Chevrolet, Buick, GMC and Cadillac vehicles (except Chevrolet: Colorado 2SA, Camaro Z28, Malibu LS, GMC Canyon 2SA and 2015 Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. *\$10,000 is a combined total credit consisting of a \$4,500 manufacturer-to-dealer delivery credit (tax exclusive), \$2,345 Cash Credit (tax exclusive), \$1,000 Loyalty Cash (tax inclusive) and a \$2,155 manufacturer-to-dealer Kodiak Package Discount Credit (tax exclusive) for 2015 Sierra SLE Kodiak Edition, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this \$2,155 credit, which will result in higher effective interest rates. Discounts vary by model. +Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement. OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required.

2015 Jeep Grand Cherokee

- **Type.** Four-door, five-passenger midsize SUV
- **Engines (hp).** 3.6-litre V6 (290), 5.7-litre V8 (360) 3.0-L V6 Diesel (240), 6.4-litre V8 (475)
- **Transmissions.** Eight-speed automatic
- **Price.** Base \$40,495, as-tested \$68,580 (excluding destination)

Market position

By putting the diesel into just the high-end trims, Jeep hopes to take on German brands such as Mercedes-Benz and BMW. This SUV does everything the competitors' vehicles do, but may face an uphill battle with buyers who prefer those traditional top-shelf nameplates.

Points

- The Grand Cherokee comes in five trim lines and choice of four engines, including a 475-hp V8 in the performance SRT model.
- The Overland name comes from Willys-Overland, one of the Jeep manufacturers during the Second World War.
- The diesel version can tow up to 3,265 kg (7,200 lbs.) and go up to 1,100 km on a tank of fuel.



Everything from a heated steering wheel to rear seat entertainment is available for the Jeep Grand Cherokee.

Interesting features

Standard 4x4, capless fuel fill, trailer sway control, and dual-zone climate control; available heated steering wheel, air suspension, dual sunroof, adaptive cruise control, rear-seat entertainment system.

Jeep's take on the premium SUV



PHOTOS: JIL MCINTOSH

Review. The 2015 Jeep Grand Cherokee EcoDiesel holds up with top of the line features

JIL
MCINTOSH
drive@metronews.ca

Diesel has long been popular in Europe for luxury vehicles, but while it's still relatively rare in cars here, it's showing up more and more on premium SUVs, including the Jeep Grand Cherokee EcoDiesel.

These engines are all about torque (in the Grand Cherokee's case, 420 lb.-ft.)

delivered almost right at the start for strong acceleration and solid mid-range power. They also offer relatively good fuel economy and long range with fewer fill-ups, although most are pricier than their gasoline siblings, as is their fuel these days as well.

The Grand Cherokee starts at \$40,495 for a V6 gas engine, for example, and you can also get a gas V8. But in an effort to compete with the premium diesel-powered brands, Jeep is only offering the diesel in the top-line Overland and Summit models, where the engine option adds as much as \$7,145 to the price. And while my Overland tester was already luxuriously equipped with such standard features as heated



Diesel engines can offer decent fuel economy and a whole lot of torque.

and ventilated leather seats, suede-style headliner, navigation system, and heated power-adjustable steering wheel, it also had add-on options including a rear-seat Blu-Ray entertainment system and such electronic

safety features as adaptive cruise control and collision warning, which brought it to \$68,580.

That's a lot of cash, but the company has learned a lot about interiors over the last few years, and I'd put this up

Compare



1 Volkswagen Touareg Diesel
Base price: \$53,975
VW remains among the diesel leaders, and the Touareg's version is smooth and great to drive.



2 BMW X5 xDrive35d
Base price: \$67,000
Available three-row seating makes this diesel a premium alternative for larger families.



3 Porsche Cayenne Diesel
Base price: \$71,300
Porsche's largest SUV remains its best-selling model among all the company's vehicles.

against any of its premium-brand competitors. The materials are top-notch, it's all extremely comfortable, and almost everything's easy to use. The one misstep is an electronic shifter for the eight-speed automatic that's far too fiddly. This would be a great place for Chrysler's dial-style shifter unit.

An air suspension lowers for easy access or rises for off-road, and you can select optimal settings to handle snow, sand, or rock, along with four-wheel low gearing. The ultimate irony is that few will actually take such a pricey truck into the tough stuff, but especially with this engine and its low-end power, owners will at least know they can.

5 DRIVE

Volkswagen's functional Passat family car may have taken top honour as car of the year at the annual Geneva Motor Show, but there's little doubt what visitors come to see at this glitzy gathering: high-end supercars. And when doors opened to the public last week, there were plenty to gawk at, with unveilings by Ferrari, Lamborghini and Mercedes that turned heads and got cameras flashing.

THE ASSOCIATED PRESS



SANDRO CAMPARDO/KEystone/THE ASSOCIATED PRESS

Ferrari 488 GTB

The legendary sports car maker from Maranello, Italy, is sure to draw crowds with its 488 GTB, which CEO Amadeo Felisa says is "not an evolution — it's a new car." Drawing on the company's long racing history, its newly designed turbo-charged V8 engine accelerates the two-seater from stop to 100 kilometres per hour in three seconds flat. Ferrari has even invented a new shade of its legendary red colour for the 488's paint job. Millions of tiny particles are suspended in the paint to give it extra glossiness.

5

Must-see supercars from the Geneva International Motor Show



LAURENT CIPRIANI/THE ASSOCIATED PRESS

Lamborghini Aventador LP 750-4 Superveloce

During a demo, the driver for the Superveloce (superfast, in Italian) made sure to gun the engine and show off the metallic music made by its mighty 750 horsepower engine. It has the classical Lamborghini design — low-slung, angular and lethal-looking with lots of expensive carbon-fibre materials. It can hit a top speed of 350 km/h and its powerful brakes can bring it to a stop in only 30 metres from 100 km/h. It's not environmentally-friendly, however — it puts out 375 grams of carbon dioxide per kilometre, compared with the fleet average limit of 130 grams, and consumes an average 16 litres of fuel per 100 kilometres, or 14.7 miles per gallon.



LAURENT CIPRIANI/THE ASSOCIATED PRESS

Audi R8

With a V10 engine capable of zero to 100 km/h in 3.2 seconds, and an aluminum and carbon fibre chassis shared with the Lamborghini Huracan, the new R8 weighs 50 kilograms less than its predecessor while being 40 per cent more stiff, Audi says. Style cues from Audi's TT roadster are present, but the muscular angles and scooped-out sides that scream supercar. European versions of the car will have optional laser-powered high beam headlights with cameras to help drivers see further. Audi is also introducing an electric version of the R8, with a battery pack capable reaching a range of 444 kilometres and matching Tesla's Model S in performance.



LAURENT CIPRIANI/THE ASSOCIATED PRESS

Mercedes-Maybach S-600 Pullman

With armour cladding as an option, the new Pullman is more than a metre longer than the next biggest Mercedes S-class. After noting that John Lennon owned an original Pullman which he modified by adding a state-of-the-art hi-fi system, Mercedes unveiled the massive limo beneath a video recording of the Fab Four performing Can't Buy Me Love — and at over \$500,000, few in the crowd could contemplate buying the car, either. Four quilted leather reclining seats face each other in the limo's rear, with a champagne cooler in easy reach. A retractable glass partition can transform from transparent to opaque at the push of a button for more privacy.



LAURENT CIPRIANI/THE ASSOCIATED PRESS

BMW 2-Series Gran Tourer

What's a minivan doing on this list? The new 2-Series Gran Tourer might not be a supercar, but it is a blinged-out people mover for "young active families," the Munich-based automaker says. Based on BMW's Active Tourer, the 'Gran' version adds more space as well as seating configurations. With rear seats folded into the floor and the middle row seats collapsed, storage space can be added or removed as needed — up to 67 cubic feet according to BMW. The \$30,000 van aims to help BMW take on rivals such as Renault's Grand Scenic in a market category BMW hasn't traditionally competed in.



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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

EV interest grows through cul-de-sac effect

Nissan CEO Carlos Ghosn notes in a post on LinkedIn that the Renault-Nissan Alliance recently sold its 200,000th zero-emissions car, a Nissan Leaf. Launched four years ago, the Leaf is "by far" the top-selling electric vehicle worldwide, he wrote, with sales up 20 per cent this year. In an article titled Zero-Emission Cars: Both Consumers and the Environment Win, Ghosn lists several reasons why electric-vehicle sales are expected to only get healthier. They are: convenient, economical, fun, reliable, and their buyers tend to become almost evangelical about their vehicle's virtues. The first Leaf owners in a neighbourhood share their enthusiasm with neighbours, friends and family, said Ghosn, "(and) sales grow as more people see and experience the benefits first-hand."

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

Nissan boss Carlos Ghosn says that the Leaf's increasing popularity is partially due to owners who like to tell other people about the electric vehicle.



Bolt might get a new name, will be sold all over North America

General Motors has officially confirmed a Reuters news agency report that it will build and sell the Chevrolet Bolt electric car, with production expected to begin late next year, and sales soon after. GM North America president Alan Batey confirmed at the Chicago Auto Show in mid-February that the Bolt would be built at the Orion Assembly Plant, 50 kilometres north of Detroit, Mich. First shown in January at the Detroit Auto Show, the Bolt is a battery electric hatchback with a 320-kilometre range. GM CEO Mary Barra pegged its price at \$37,500 US, before incentives. The production version of the Bolt Concept — a name change could be in the offing — will be offered in all 50 states and Canada.



With a range of 320 kilometres, the Bolt will be sold in all 50 U.S. states as well as Canada.

Shift points

- Toyota will triple production of its new Mirai fuel-cell sedan next year, sparked by an unexpected glut of orders. It will increase production to 2,000 units next year — almost triple the 700 Mirais slated for this year — and increase to 3,000 in 2017.
- While sales of plug-in vehicles are up for 2014 by almost 30 per cent, California boasts the highest rate of electric vehicles purchased, with five in every 1,000 vehicles sold there using an outlet to charge batteries, says a U.S. Energy Information Administration report.
- Kansas City, Mo., has set its sights on establishing an electric-car infrastructure in 2015, working with a local utility company to build a network of charge sites throughout the area. Kansas City Power and Light will install more than 1,000 of the charging sites.

Japanese Kei cars prompt tiny truck and travel trailer combo

Called too cute for words by some in the automotive media, Honda recently showed a tiny pickup and camping-trailer concept at the Japanese Camping Show that elicited smiles from almost everyone who viewed it. The N-Truck and N-Camp travel trailer concept is based on the smaller-than-small Japanese minicar class known as Kei cars, which is a highly competitive market that exists only in Japan; they are the only cars that can be bought in crowded Japanese cities without their buyers not having to first prove that they already have a dedicated parking space for it. Kei cars are limited in size, engine displacement and power; the Honda concept is based on its N-Box kei car.

This Honda car-camper combo uses a Kei class vehicle, which is the only vehicle class in Japan that doesn't require the owner to prove that they have a permanent place it park it.



Too-quiet EVs pose pedestrian dangers

The U.S. National Highway Traffic Safety Administration (NHTSA) has again pushed back the date for a final ruling on the proposed noisemaker standards for near silent-running electric vehicles, under the Pedestrian Safety Enhancement Act that was signed into law in 2011. The delay effectively means that the new rule won't be implemented until 2018, reports Edmunds.com, a provider of automotive news and data. While drivers and passengers might enjoy the lack of noise that EVs make, it's been deemed a danger for pedestrians walking close to such vehicles. The lack of familiar engine sounds jeopardizes the safety of blind and visually impaired pedestrians, as well as bicyclists, runners, small children, the elderly "and anyone else who's on foot but not generally paying attention."



Future Volkswagen plug-in vehicles (Cross Coupe GTE concept shown) will use a new standard fast-charge plug that could mean an 80 per cent charge in 15 minutes.

VW plug-ins will use new standard plug for charging

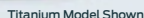
Volkswagen will adopt the Society of Automotive Engineers (SAE)-approved CCS Combo-plug standard for fast charging plug-in vehicles, notes alternative vehicle website, Green Car Reports. VW is so committed to the standard that it will include Combo-plug capability on every plug-in vehicle it sells going forward. United States CEO Michael Horn says the new standard adds the capability for "very fast" charging, perhaps to 80 per cent of battery capacity within about 15 minutes for a 14-kilowatt lithium-ion battery pack, like what powers the Cross Coupe GTE mid-size tall-wagon concept shown at the Detroit Auto Show in January. The SAE's approval of the standard is intended to establish a common EV charging system for use with plug-in hybrid and battery-electric vehicles.

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GT models shown



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▼ Based on total Automobile Journalists Association of Canada (AJAC) Category wins (various) up to the 2014 model year. *Signing Bonuses are available on retail cash purchase/finance/lease of select new, in-stock 2014/2015/2016 Mazda models from March 3 - 31, 2015. Bonus amounts vary by model. \$500 Signing Bonus applies to all 2014 Mazda2, all 2014/2015 Mazda3, all 2014/2015 Mazda5, and all 2015/2016 Mazda6 models. \$750 Signing Bonus applies to all 2015/2016 CX-5 models. Maximum \$1,000 Signing Bonus only available on all 2015 CX-9 and all 2014/2015 MX-5 models. Signing Bonus will be deducted from the negotiated price before taxes. See dealer for complete details. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. †0% APR Purchase Financing is available on select new 2015 and 2016 Mazda models. Terms vary by model. Based on a representative agreement using an offered pricing of \$17,251 (includes \$500 Signing Bonus) for the new 2015 Mazda3 GX (D4XK65AA00) with a financed amount of \$18,000, the cost of borrowing for a 36-month term is \$0, monthly payment is \$500, total finance obligation is \$18,000. Offer includes freight, P.D.E. and fees. Offer excludes HST. ‡Offer available on retail leases of new 2015 Mazda3 GX (D4XK65AA00)/2016 Mazda6 GX (G4XL66AA00)/2016 CX-5 GX (NVXK66AA00) with a lease APR of 0.79%/2.49%/2.99% and 78/104/104 bi-weekly payments of \$79/\$139/\$135 for 36/48/48 months, the total lease obligation is \$6,591/\$16,476/\$15,188, including down payment of \$395/\$1,995/\$1,195. As shown, Offered Pricing for new 2015 Mazda3 GT (D4TL65AA00)/2016 Mazda6 GT (G4TL66AA00)/2016 CX-5 GT (NXTL86AA00) with a lease APR of 0.79%/2.49%/2.99% and 78/104/104 bi-weekly payments of \$156/\$188/\$192 for 36/48/48 months, the total lease obligation is \$12,534/\$21,596/\$21,121, including down payment of \$395/\$1,995/\$1,195. Lease payments include freight and P.D.E. of \$1,695/\$1,695/\$1,895. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies. Lease offers include \$500/\$500/\$750 Signing Bonuses. Offers exclude HST. Offered leasing available to retail customers only. Licence, insurance, dealer administration and other fees, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid March 3 - 31, 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

No matter how busy you are, find an outlet for your physical desires. Mars, your ruler, is so strong today that mental challenges won't be enough.

♉ Taurus

April 21 - May 21

There is someone you want to know better but can't think of an approach. What happens today will throw you together and before you know it you will be more than just friends.

♊ Gemini

May 22 - June 21

Make sure your ambitions are not too outrageous because if they are you may fall short of what you expect of yourself and your confidence will suffer.

♋ Cancer

June 22 - July 23

Your mind is a powerful tool and if you think positive thoughts today and for the rest of the week there is no doubt that positive things will occur.

♌ Leo

July 24 - Aug. 23

Someone who is as different to you as chalk is to cheese will make a big impression on you today, big enough perhaps to change your assumptions about certain kinds of people.

♍ Virgo

Aug. 24 - Sept. 23

Others will respond to you extremely well today — it's as if they are making a special effort to be nice to you. Take advantage of the situation by telling them what it is you need.

♎ Libra

Sept. 24 - Oct. 23

A relationship that has been going through a rocky phase needs to be dealt with once and for all. Cosmic activity in your opposite sign of Aries suggests it may be better to call it a day.

♏ Scorpio

Oct. 24 - Nov. 22

Don't let people's criticisms make you feel guilty because the planets indicate you've done nothing wrong. The reason they are having a go at you is because they envy your abilities.

♐ Sagittarius

Nov. 23 - Dec. 21

There is good in everybody and if you find that hard to believe what happens by the end of the day will convince you.

♑ Capricorn

Dec. 22 - Jan. 20

There's no point getting involved in something you won't enjoy, so let those trying to persuade you to get involved know you're having none of it.

♒ Aquarius

Jan. 21 - Feb. 19

You can get almost anything you desire now. Your charm levels are such that few people will be able to deny you, no matter how outrageous some of your demands might be.

♓ Pisces

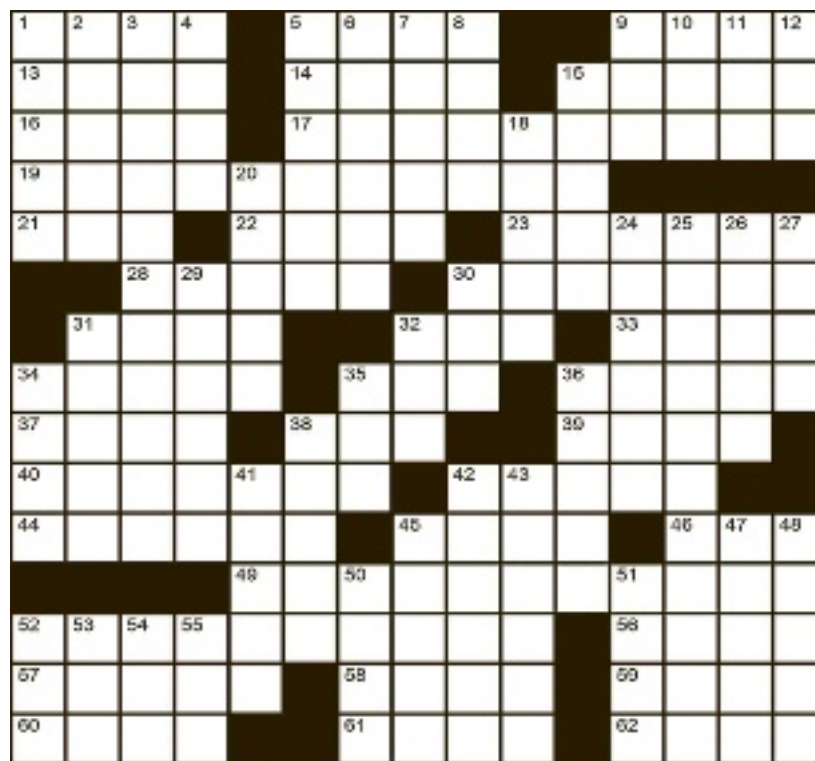
Feb. 20 - March 20

You don't lack for courage but the planets warn you could cross the line into recklessness. They also warn friends and finances won't go together over the next 24 hours.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Music Keys: F and A, e.g.
- Robbie Robertson's "Hell's Half _"
- Put cargo on board
- Flu symptom
- Tallow source
- Ecum __, Nova Scotia
- Zippo
- Those who explore caves
- Canada's largest national park, it's on the Alberta/NWT border: 2 wds.
- Queen E.'s youngest
- Ostrich-like birds
- Tiredly walk
- Gordon Lightfoot's "The Way _"
- Adrian of "Entourage"
- 'Seniors', shortened
- "Oh, give __ home..."
- Li'l legislators
- Bakery item
- Gamble
- "__ out!" (Behave!)
- Play __ (Participate in some tennis)
- Useful souvenir
- 'Import' suffix
- Earth invader
- Billy Bob Thornton series on FX Canada
- Allocate
- Art Deco designer



- Canadian hwy. miles
- Canada's Bread Basket... The Prairies sight: 2 wds.
- "Waiting So Long" Vancouver band: 2 wds.
- Almond hue
- Victor Garber show
- Artist sampled on

- Eminem's "Stan"
- Air assault
- Sci-Fi classic, "The __" (1958)
- Actor Mr. Bean
- Years: Spanish

- (Recommend)
- Those taking home trophies at this week-end's on-CTV-music-honouring show in Hamilton: 2 wds.
- "The Bad __" (1956)
- Acquire, as duties
- Needing-sugar neighbour's request
- Coral formations

- "...__ tete, Alouette..."
- Albanian currency
- Deck symbol
- Hard: French
- British writer Mr. Forster, et al.
- Bedroom buzzzzzz...
- 'U' of UHF
- 'Wilde' tail (Gnu)
- Hardly heralded

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	6	9	8	7	3	2	5	1
5	8	7	2	1	9	3	6	4
2	3	1	6	4	5	7	9	8
8	4	2	1	9	6	5	7	3
3	1	5	7	2	8	9	4	6
9	7	6	5	3	4	8	1	2
7	9	4	3	8	1	6	2	5
6	2	8	4	5	7	1	3	9
1	5	3	9	6	2	4	8	7

			1		5			
	3		5	6	4			
						2	9	
7	5			2		8		
	1		3			5	4	
8	4							
		3	4		8		7	
		2			9			

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KROM MT
model shown▲

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3.5 SL model shown▲

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PAYING ONLY

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ON ROGUE S FWD

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LEASE**



SL AWD Premium model shown▲

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*Equivalent lease payments of \$29/\$59/\$64 on the 2015 Micra/2015 Altima Sedan/2015 Rogue must be made on a semi-monthly basis and cannot be made weekly. Weekly lease payments are for advertising purposes only. †Based on full-line brands (those selling both cars and trucks) on a rolling 12 month year over year retail sales volume basis. †Offer is administered by Nissan Canada Extended Services Inc. (NCESI) and applies to any new 2015 Micra/Versa Note/Sentra/Altima/Juke/Rogue/Pathfinder models (each, an "Eligible Model") leased and registered through Nissan Canada Financial Services Inc., on approved credit, between March 3 - March 31, 2015 from an authorized Nissan retailer in Canada. Eligible only on leases through NCF with subvented rates. Offer recipient will be entitled to receive a maximum of six (6) service visits (each, a "Service Visit") for the Eligible Vehicle - where each Service Visit consists of one (1) oil change (using conventional 5W30 motor oil) and one (1) tire rotation service (each, an "Eligible Service"). All Eligible Services will be conducted in strict accordance with the Oil Change and Tire Rotation Plan outline in the Agreement Booklet for the Eligible Vehicle. The service period ("Service Period") will commence on the lease transaction date ("Transaction Date") and will expire on the earlier of: (i) the date on which the maximum number of Service Visits has been reached; (ii) 36 months from the Transaction Date; or (iii) when the Eligible Vehicle has reached 48,000 kilometers. All Eligible Services must be completed during the Service Period, otherwise they will be forfeited. The Offer may be upgraded to use premium oil at the recipient's expense. The Eligible Services are not designed to meet all requirements and specifications necessary to maintain the Eligible Vehicle. To see the complete list of maintenance necessary, please refer to the Service Maintenance Guide. Any additional services required are not covered by the Offer and are the sole responsibility and cost of the recipient. Offer may not be redeemed for cash and may not be combined with certain offers NCESI reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. Ask your retailer for details. *Representative semi-monthly lease offer based on any new 2015 Micra S 5MT (S5LG55 AA00)/2015 Altima 2.5 CVT Transmission (T4LG15 AA00)/2015 Rogue S FWD CVT transmission (Y6RG15 AA00). 4.99%/0%/1.99% lease APR for a 60/60/60 month term equals 120/120/120 semi-monthly payments of \$64/\$128/\$139 with \$998/\$0/\$0 down payment, and \$0 security deposit are due at lease inception. Prices and payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$8,659/\$15,311/\$16,682. \$250 Dealer participation included only on the 2015 Micra S 5MT (S5LG55 AA00) in advertised amount. \$500 NCF lease cash included on advertised offers, only applicable on 2015 Altima 2.5 CVT Transmission (T4LG15 AA00). These offers are only valid from March 3 - 31, 2015. Dealer order/trade may be necessary. Conditions apply. ▲Models shown \$16,251/\$35,813/\$36,482 Selling price for a new 2015 Micra® KROM MT (S5RG55 KR00)/2015 Altima 3.5 SL CVT (T4SG15 NV00)/2015 Rogue SL AWD Premium (Y6DG15 BK00). ***▲Freight and PDE charges (\$1,450/\$1,695/\$1,750) air-conditioning levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Offers valid between March 3 - 31, 2015. *Based on GAC (AIAMC) Intermediate segmentation. All information compiled from Natural Resources Canada Fuel Economy data and third-party sources, including manufacturer websites. November 26, 2014. For more information see IIHS.org. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©1998-2015 Nissan Canada Inc. and Nissan Financial Services Inc. a division of Nissan Canada Inc.